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Your essential daily news | wednesday, April 29, 2015

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Early taste of summer

Olivier Du Tré and Alyssa Drake make a trip to Village Ice Cream on the hottest day of the year so far in the city, with a high around 28 C. But temperatures will cool this week.

Warofwords: Tories vs. La

Ex-girlfriend siding with former PC candidate



Jeremy Nolais Metro | Calgary

Jamie Lall and the PC party each accused the other Tuesday of lying about the circumstances surrounding a 2007 restraining order against Lall, one day after the ex-PC candidate exposed private text messages between himself and Tory insiders.

Lall was disqualified from the PC nomination race in Chestermere-Rocky View, leading to former Wildrose MLA Bruce McAllister, who crossed the floor to

the ruling Tories in December, being acclaimed.

The PC party refused to reveal the reason for disqualifying Lall until Tuesday, when executive director Kelley Charlebois alleged Lall never disclosed a restraining order sought against him in 2007 by a former girlfriend.

"We weren't going to go public with this," Charlebois told Metro. "I feel like he's taken advantage of us wanting to stick to the high road."

Charlebois also said Lall's past relationship problems were "absolutely missed" when the party previously vetted him, prior to his unsuccessful run for the Tories in Calgary-Buffalo in 2012, but were then uncovered in 2015 by a private investigator, who has been identified as Gordon Bull.

Lall, however, forwarded Metro a copy of a March 14 email sent to Bull that offered up the phone number of his former girlfriend.

She also spoke to Metro Tuesday on condition that her name not be published, describing her current relationship with Lall as 'diplomatically civil."

Lall supplied evidence to support the woman's identity and relationship with him.

The woman said she spoke with Bull two days after Lall gave Bull her number.

"I told him I was supportive of Jamie and that I had no current issues with what's happened in the past," she said in a prepared statement read during a phone interview. "Bull indicated to me that he just wanted to make sure that nothing embarrassing for the party would come out, and I assured him nothing would from my end.'

Exposed text message spur reaction, Tory backlash. See page 8.



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Neo40: Is it a Miracle Supplement?

The following article is an interview between W.Gifford-Jones M.D. and the creator of Neo40 Dr. Nathan Bryan from the University of Texas.

Article taken from "The Doctor Game - W. Gifford-Jones M.D. September 8, 2012

DISCLAIMER: NOTHING IN THIS ARTICLE IS INTENDED AS, OR SHOULD BE CONSTRUED AS, MEDICAL ADVICE. CONSUMERS SHOULD CONSULT WITH THEIR OWN HEALTHCARE PRACTITIONERS FOR INDIVIDUAL, MEDICAL RECOMMENDATIONS.

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Several months ago I reported on a unique drug, Neo40, which has now been approved by Health Canada. To find out more about Neo40, now available in health food stores, I interviewed Dr. Nathan Bryan, Professor of Molecular Medicine at the University of Texas Health Center in Houston and creator of the formula.

G-J: What is Neo40?

NB: Neo40 is a lozenge that contains L-Citrulline, an amino acid derived from protein, vitamin C, beet root and hawthorn, a potent combination that produces nitric oxide. Early in life our bodies manufacture large amounts of nitric oxide (NO). After age 40 production of NO decreases. This sets the stage



Dr. Nathan Bryan

for hypertension, kidney dysfunction, diabetes, heart attack or stroke, iust to name a few major illnesses. It's called the "miracle molecule" because it helps so many diverse problems.

G-J: Is there science behind its claims?

NB: The discovery of NO resulted in a Nobel Prize for three U.S. scientists and now over 130,000 scientific papers about this molecule have been published in medical literature. NO is produced in the inner lining of all blood vessels. Lay a single layer of these cells on a flat surface and it would occupy a soccer

field. The cells cause arteries to relax, thus lowering blood pressure. But with insufficient NO, arteries constrict, resulting in hypertension, bringing increased pressure in the heart and other organs.

G-J: There must be more to NO than the dilation of blood vessels?

NB: Experiments show that NO prevents blood platelets from sticking together, decreases plaque formation and chronic inflammation in arteries, all factors that increase the risk of heart attack. Other research shows NO lowers triglycerides, bad cholesterol, and raises good cholesterol, and it prevents bone destruction from osteoclasts.

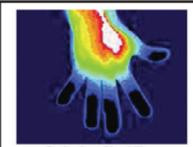
G-J: Can NO help the epidemic of type 2 diabetes?

NB: High blood sugar destroys the circulatory system and 50 percent of diabetes patients die of heart attack. Diabetes causes insulin resistance which makes it hard for glucose to enter cells. Raising NO levels helps to control these problems and also decreases the risk of diabetic ulcers and gangrene of the legs by improving blood flow.

G-J: Does NO help other conditions?

NB: Many people suffer from glaucoma, increased pressure in the eye. This is caused by a clogged trabecular meshwork that drains fluid from the eye. Hungarian researchers report that NO may benefit this problem.

NB: 27 million Americans also suffer from asthma and its inflamed, constricted.





Light = Increased Blood Flow

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

mucous-clogged airways. Experts say it's due to pollution, allergies and stress. Now research at Hammersmith Hospital in London, England, reports that NO helps to maintain a biochemical balance in air passages and that it could be helpful in treating inflamed airways. Another Dutch study reports that NO can calm nerves in tightened airways and relax muscles.

G-J: Can patients increase the production of NO by natural means?

NB: The big problem is that obesity decreases NO and 50 percent of the population is overweight, so for them it's difficult to increase NO by dietary measures. Exercise can also boost NO levels, but people with endothelial dysfunction don't produce the same amount of NO during exercise as healthy people. We know that weightloss surgery can boost NO by as much as 40 percent. But this is a radical and risky way to lose weight.

G-J: Are foods helpful?

NB: Leafy green vegetables such as Kale, Swiss Chard, Arugula, Spinach, Chicory, Wild Radish and Bok Choy are all high sources of bioactive NO. Dark chocolate and wine also increase NO.

G-J: What about the use of supplements?

NB: Neo40 is the only answer if people refuse to change their lifestyle. This is one lozenge that must be dissolved slowly in the mouth twice a day until NO increases and then used once a day. Neo40 is supplied with a quick saliva test to determine the current level of nitric oxide

G-J: Dr. Bryan, it's been a pleasure to learn of your work at the Institute of Molecular Medicine. I'll consider your advice about Bok Choy. But it will be difficult to say no to one of your Texas steaks!

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Recommended by W. Gifford-Jones M.D.

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Your essential daily news

Video Game Hall of Fame names finalists for induction. **Business**

Scene vets open Distortion

Calgary trio behind The D, The Distillery open new venue



Robson **Fletcher** Metro | Calgary

Through changes in location, ownership, and name, the people behind the Calgary bar formerly known as The Distillery say one thing has remained constant - it's all about the music.

'I've watched bands grow up, all the way back from D1," said Katie Bevan, manager of the establishment colloquially known as D4, but officially named Distortion.

The fourth and latest incarnation of performance-venue pubs aimed at showcasing



Opening weekend boasts local talent, surprise acts

Distortion's grand opening weekend includes performances by Blackest Sin, The Borderguards, Julius Sumner Miller, and Conniving Cadavers on Friday.

On Saturday, the stage will feature Electric Revival, Lucid Scream, Burning Effigy, Train Bigger Monkeys, and some "very special surprise guests."

both big-name acts and local talent is set to open Friday, after a series of unfortunate events forced it from its previous homes.

The Distillery, a.k.a. D2, suddenly had to vacate its location on 7 Avenue SW in November 2012 due to a dispute between the landlord that sublet the premises to the bar owners and the actual building owner.

Then, after renaming the bar "The D" and re-opening in Eau Claire a few months later, complaints from some nearby residents about late-night noise prompted the city to revoke the venue's entertainment and patio licences in February 2014.

Bevan and the ownership group spent the ensuing year searching for yet another new venue and eventually settled on 3828 Macleod Trail - the former home of the Atlantic Trap & Gill (which, itself, moved further south on Macleod, into the former home of Calgary's one-time notorious bikini bar Studio 82).

But Bevan still traces Distortion's roots all the way back to the old Distillery Public House on 5 Avenue SW — a.k.a. D1 where she and the current ownership group spent their formative years in the city's bar-and-music scene.

"I was a bartender there at the time," Bevan recalled.

"I was doing shows and bouncing there," added coowner Mark Russell.

"I was running out on bar tabs," laughed Sean Close, another co-owner.

When the former owners of D1 asked them if they wanted



Co-owner Mark Russell, left, manager Katie Bevan, and co-owner Sean Close pose in the audience area of their new bar and performance venue, Distortion, set to open May 1. At right, along the bar, is the logo of their old venue, The Distillery. ROBSON FLETCHER/METRO

We're all born-and-raised Calgarians. We know how important it is to support local talent.

Distortion co-owner Mark Russell

to buy the place, they jumped at the opportunity to merge their musical and business sensibilities.

"We weren't just like, 'Hey, let's start a bar," said Russell. "We're in the scene. We're in bands. So we know how everybody needs to be treated, how a band needs to perform."

And while they lean toward punk and metal shows, they

also welcome a variety of other styles.

"Acoustic, folk music, country, all the way to black metal we want it all," Russell said.

"We've done that over the years — all genres of music," Close said. "At D2, we even did hip-hop and electronic music in there.'

"We're all pretty much bornand-raised Calgarians," he added. "We know how important it is to support local talent."

HACKATHON

Open data can still be improved

Calgary's catalogue of open data is better than it was last year, but still has a long way to go in becoming the transformative tool it could be, says a member of the winning team in the city's inaugural "Hackathon."

"There's a lot of guys like me clamouring for the city to release more data," said Jeromy Farkas. "But I think that's only half the conversation. The other half is what we do with it once we get it."

The "Hackathon" over the weekend was aimed at improving both those halves. It saw dozens of computer experts invited to city hall for a 48-hour marathon of delving into Calgary's open-data catalogue to come up with innovative ways to use the info for the public good.

Farkas' team won for the 'City Alerts" platform it developed, which can be used to send personalized push notifications with relevant city info to Calgarians.

The event also offered a chance for the city to get advice on how it can improve its catalogue of online information, said open data strategist Walter Simbirski, while also connecting Calgary entrepreneurs and tech experts with one another for future collaborative projects using that catalogue.

"Anybody can have an idea and getting the data is one step forward into making that idea a reality," Simbirski said. "But it takes a team and it takes a lot of hard work to make that stuff happen." ROBSON FLETCHER/METRO



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Carrie Classen poses with her Flames flag outside the Saddledome on Tuesday afternoon. She says she and her husband were scammed out of \$175 when they were trying to secure a pair of tickets for the Calgary Flames' Game 6 against Vancouver. MORGAN MODJESKI/METRO

Ticket fraud derails couple's date night

CRIME

Pair hoped to see Flames game before baby's arrival

They were planning their last date night before the arrival of their new baby, but a sweet deal on a pair of Flames tickets turned sour for a Calgary couple when they realized they had been scammed.

Carrie Classen, who is nine months pregnant, said she had agreed to buy a pair of Flames tickets for Game 6 against the Vancouver Canucks for \$350.

To secure the seats, she sent along \$175 in the form of an Interac e-transfer, and shortly afterwards, the man she was corresponding with went silent.

"We have a baby coming — potentially within the next week — so this was kind of a splurge purchase (and) this was going to be our last fun night together," she said.



The Flames and police encourage fans to purchase their tickets through the official secondary market, the NHL Ticket Exchange, run by the NHL and Ticketmaster, or to get tickets through other designated channels.

"Essentially, they took our last potential date night."

Classen hopes other fans can learn from her experience as the Flames enter Round 2 of the Stanley Cup Playoffs, noting she's warned other ticket seekers of the name and phone number of the person who scammed her.

"If you're going to purchase tickets from anybody, make sure you know who you're dealing with," she said.

"Meet with them in person and don't transfer any money through an electronic transfer."

Rollie Cyr, vice-president of sales with the Calgary Flames,

said the organization has seen dozens of fraudulent tickets the club has been forced to turn away, but he couldn't disclose total numbers.

"As the games get more important, the likelihood of somebody trying to take advantage of somebody increases," he said

Const. Andrew Critchley with the CPS crime prevention unit said police have seen several instances where people have been scammed.

He said a fraudster would go to great lengths to convince a potential victim.

"They may produce government ID, they produce a passport (and) they may produce other supporting documentation which would lead you ... to believe that they're an upstanding citizen, to believe the seller was above board," he said.

"Unfortunately, that's not the case."

Critchley noted counterfeits can appear to be fairly flawless until you get turned away at the gate. MORGAN MODJESKI/METRO





Deloras Dawn Brower was last seen in Edmonton. CONTRIBUTED

INVESTIGATION

Woman's remains found a decade later

The remains of an aboriginal woman who has been missing for the last 10 years were found near Leduc last week.

Deloras Dawn Brower, 33, was a sex-trade worker who was reported missing by her family in 2005. Brower was last seen in Edmonton in 2004 hitching a ride with an unknown driver.

Family members said in a statement that they are heart-broken, but finally have closure after a gruelling 10-year

"While we are saddened, there is a sense of thankfulness as well," her family said.

RCMP officers said Brower was found in the same eight-kilometre radius as two other women found dead in 2003 and 2010.

Brower's remains were able to be identified through dental records.

RCMP are not yet deeming Brower's death a homicide, but their investigation is still ongoing.

THE CANADIAN PRESS

CRIME

Multiple deaths in Lethbridge trigger probe

Police in Lethbridge are investigating what they call the suspicious deaths of two men and a woman.

The bodies were discovered overnight in a unit of an older townhouse complex on the west side of Lethbridge.

"We know that it's a violent scene," Deputy Chief Colin Catonio said Tuesday.

"We received a call around 2:30 this morning. It was a check on welfare of the occupants of the residence. Officers arrived and confirmed that there were three people inside who were deceased."

Catonio said investigators believe the three dead were targeted. Their names have not been released and there is no word on how they died.

No one is in custody.

A wide area around the scene was cordoned off while investigators in white jumpsuits checked for evidence. CJOC/THE CANADIAN PRESS

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Police praise driver courtesy initiative

MERGE & WAVE

Simple hand wave at heart of grassroots safety project



Helen Pike Metro | Calgary

Courtesy can be hard to come by on Calgary roads, but Chris Savard hopes a new movement will make waves on the streets — and Calgary police couldn't agree more.

Merge & Wave is a courtesy campaign Savard hopes commuters will adopt on their way to work.

"Time is short, and commutes are long," Savard said. "People seem a little more likely to just be trying to get where they're going and less inclined to recognize the drivers around them."

It all started when he moved to the big city from Canmore and saw driving went a little differently here.

He found himself acknowledging considerate motorists who let him merge comfortably with a simple hand wave. It's a common courtesy of the road, he figured, but he couldn't find any Google results to support his instinctual habits.

Now, Savard and his sister have developed a visual reminder — in the form of a bumper sticker — to get motorists to think about being polite.

They have started a Kickstarter to cover costs but hope to eventually partner with a non-profit.

Though it may not seem like much, Staff Sgt. Paul Stacey from the police traffic section said the courtesy wave can help keep drivers safe on the road and a bumper sticker campaign could act as a nice visual reminder.

"I think that's positive. I like that. It's a far cry from what people do," said Stacey. "If you



Chris Savard is trying to make your morning commute a little sweeter, one wave at a time. JENNIFER FRIESEN/METRO

show patience and are courteous on the road, it tends to keep people calmer and people actually enjoy driving as opposed to it being a frustration."

He added that backed-up traf-

fic and negative attitudes can not only lead to road rage but sometimes fender benders.

For more information on the project, visit www.mergeandwave.com.

CRIN

Authorities seek tips from public after early April shooting

After a late-night shooting earlier this month in Calgary's northwest, police are asking members of the public with information to come forward as witnesses.

According to a release from the Calgary force, on Thursday, April 9 at around 10:15 p.m., a shot was fired into a residence in the 8000 block of 46th Avenue N.W.

Police believe this was a

targeted incident.

One round penetrated the exterior wall of the residence, then became lodged in the frame of a bathroom door.

Any individuals with information related to the case are asked to call the Calgary Police Service at 403-266-1234. Residents can also submit tips anonymously by calling Crime Stoppers.

METRO



IN BRIEF

Red Deer woman safe in Nepal after quake devastates region

A previously missing Red Deer woman in Nepal has been found following a massive earthquake that so far has killed thousands of people in the region.

Beverley Williams, 60, finally reached out Tuesday morning to let her friends and family in Red Deer know that she is safe and sound.

Williams had been hiking near Kathmandu when the earthquake struck.

Williams later commented on Twitter that the experience was horrible.

With the Kathmandu airport closed, Williams is safe but isn't able to return to Canada yet.

THE CANADIAN PRESS



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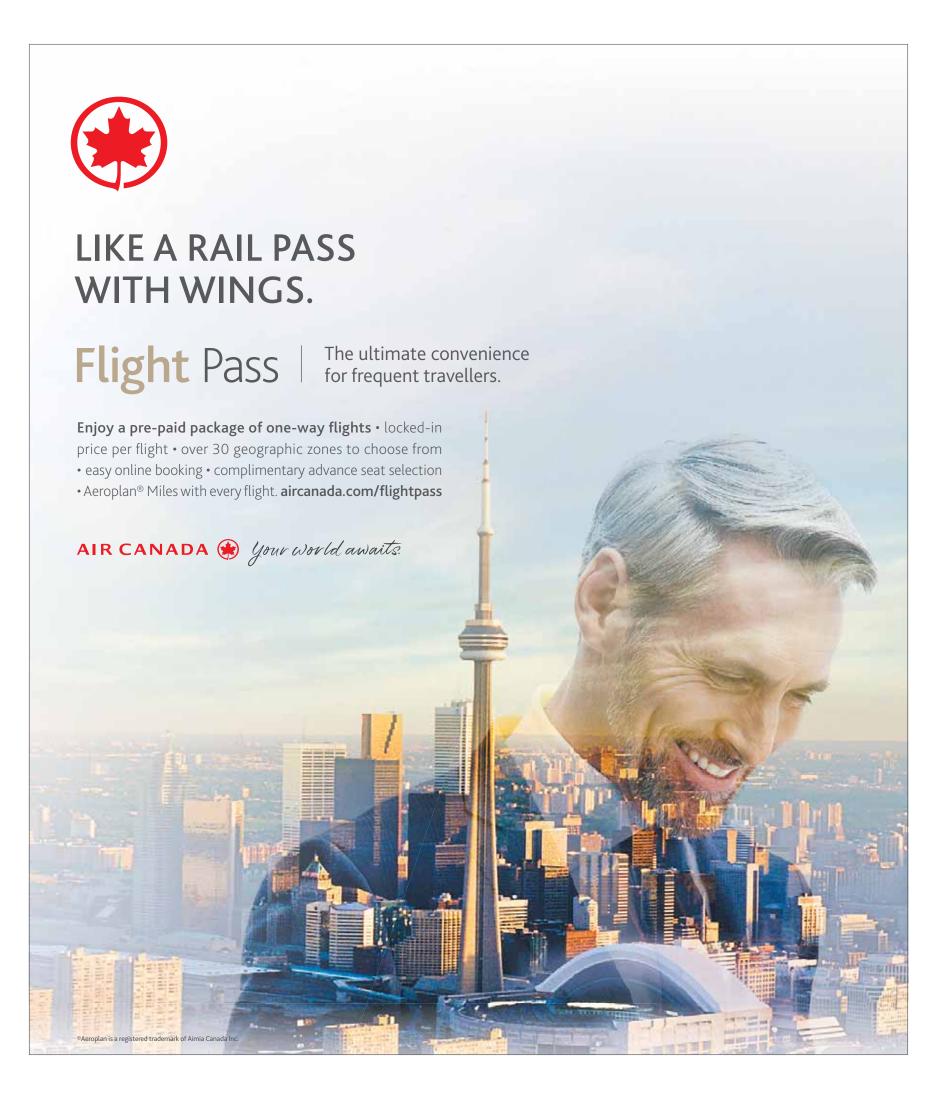
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Texts send Tories reeling

POLITICS

'The timing couldn't be worse,' says analyst



Jeremy Nolais Metro | Calgary

Exposed text messages between disqualified Progressive Conservative candidate Jamie Lall and two high-ranking party members became the talk of the campaign trail Tuesday.

Hours after the messages were published by Metro, the hashtag #BuddyYouAreBeing-SetUp—a reference to one message from ex-justice minister Jonathan Denis to Lall concerning his soon-to-be disqualified candidacy in Chestermere–Rocky View—was trending on Twitter in both Calgary and Edmonton.

David Taras, a political analyst and program chair in media studies at Mount Royal University, said if the story reaches a fever pitch in the media, it poses problems for the PC party.

"The timing couldn't be worse for the Tories," he said. "It puts a question mark in voters' minds about the process the Tories used and whether or not there's been strong-arm tactics or whether this was a legitimate nomination.

"It knocks the Tories back on their heels," he added. Taras said the latter portion

of the campaign is when parties typically form their "ballot question," yet the Tories have been on the defensive and remained so Tuesday, as many lashed out at the long-governing party on social media over the publicized texts.

"It's just when voters are starting to pay attention and it could be their last memory (before hitting the polls)," Taras said.

The contents of one exchange between Lall and executive director Kelley Charlebois elicited concern from a Calgary incumbent MLA who was referenced in them.

"Hey Kelley, what kind of pushback would someone receive from the party if they decided to run against (Christine) 3

I certainly don't consider him a friend any longer.

Kelley Charlebois, on Jamie Lall

Cusanelli for the nomination in (Calgary–) Currie," Lall texted the director on Nov. 24.

Charlebois responded, "LOL! A hug..."

After being provided the message Tuesday, Cusanelli, who did win a nomination vote to stand again as the Tory candidate in Currie, issued a statement in response.

"While I am extremely dis-

"While I am extremely disappointed in this type of behaviour from a party executive director, I have never been distracted by this sort of backroom politics and don't intend to begin that now," she wrote. "It is the people of Calgary-Curie that I serve wholeheartedly regardless of partisanship."

Asked about the exchange Tuesday, Charlebois said he couldn't recall it.

WORKOPOLIS

Let's get to work

He did, however, address



Jamie Lall during a Monday interview with Metro.

METRO FILE

questions around why it appeared he was attempting to turn Lall away from challenging incumbent Bruce McAllister in the Chestermere riding.

In one message, Charlebois wrote, "A lot of us asked you not (to) go against him."

Charlebois said he was attempting to "discourage" newcomers from taking on incumhents.

"There's no question that, in

my role as executive director of the PC party, I have been on the record that I do not believe candidates running against incumbents is a good idea," he said, noting incumbents have often worked hard for years as members of the government.

He said, too, the party was looking for "a mix of experience and new" under new leader Jim Prentice

Lall's messages went public just days after Justice Minister Jonathan Denis resigned from his post over his own court dealings with his wife. But while Charlebois said legal proceedings require a minister to leave cabinet, each situation involving an MLA needed to be probed separately.

Lall, meanwhile, has provided a number of texts indicating he and Charlebois were once friends and that he reached out to the director to offer support as questions swirled about his role.

Asked about the pair's relationship now, Charlebois responded: "I certainly don't consider him a friend any longer." WITH FILES FROM DARREN KRAUSE/METRO

. . .

NOMINATION

Prentice backs decision to disqualify Lall

Progressive Conservative Leader Jim Prentice stood firmly behind the decision to disqualify candidate Jamie Lall on Tuesday, even as criticism swirled regarding text messages involving his party's executive director and former justice minister Jonathan Denis.

Among the messages was one from Denis in response to Lall's concerns about rumours of efforts to undermine his campaign in Chestermere-Rocky View.

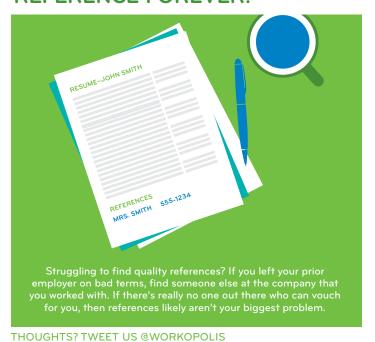
"Buddy you are being set up," he wrote.

Asked about that message at a campaign stop Tuesday morning, Prentice replied, "People send all kinds of emails. The nomination committee disqualified Mr. Lall for good reasons. They did their job, and I stand behind their decision."

Prentice said the Tory nomination process led to many "hot contests" and "strong feelings" in some cases.

JEREMY NOLAIS/METRO









Dan Klufas and Leslie Kraatz-Klufas, owners of Federal Metals Inc., say increased levels of industrial theft are a concern. JENNIFER FRIESEN/FOR METRO

Fight to stop thieves has recyclers vexed

Police say they are working to curb theft of valuable metals



Some Calgary recycling depots say the Calgary Police Service's (CPS) focus on industrial theft has wavered in recent years and feel a lack of targeted enforcement may be leading to a resurgence in theft of copper and other valuable metals.

More than two years ago, the CPS implemented a task force to target the theft of valuable metals from "dangerous locations" like C-Train tracks and power stations.

Police say the task force was successful in targeting and eradicating a group of people they believed responsible for

person can get for a pound of scrap copper as of Tuesday.

the thefts, either laying charges or in some cases, finding charred corpses when the attempted thefts went awry.

Now, some recycling depots say even though they're constantly monitoring and tracking suspected thieves for police, overall response — which they say greatly reduced the issue in the past — has faded.

"We almost literally have no one in the City of Calgary now that we can call on," said Dan Klufas, co-owner Federal Metals Inc. and a vice-chair of the Canadian Association of Recycling Industries.

We as scrapyards take on that responsibility of trying to ... inform police that there is stolen material," he said. "But there's not enough police to actually enforce it — or not enough police to focus on this issue and go after these bad

"They know it and this is 100 per cent the reason why we're seeing a resurgence of it," he added later.

The police said the initial

task force was targeting industrial theft jeopardizing public safety, adding that like a pawnshop, depots have a responsibility to track and report potentially stolen goods.

Mark Clarke, CEO of Calgary Metal Recycling Inc., said the removal of the task force may present some challenges for the CPS, but noted tough economic times are also a likely

"It isn't just isolated to copper, I think it's actually extending beyond and I think part of it is some of the economic situation is causing people to do things they wouldn't normally do," he

"They're looking for a buck wherever they can find it."

In a previous interview, Const. Kirk Harrison, a breakand-enter investigator, said police are consistently working with recycling depots across the city and said through investigations and targeted enforcement, CPS is addressing

companies that make up the Canadian Association of Recycling Industries.

An Open Letter to K to 12 Parents Setting the Record **Straight**

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- School Boards are being asked to help in a tight budget year. They hold \$460 million in their savings accounts which should be spent on the front lines this year.
- Over 230 new schools are being built across Alberta.
- The Premier and the Education Minister have been clear they will work with any Board struggling to meet the needs of student population increases.

Calgary Boards are not an exception. Calgary Public Schools has more than \$36 million in reserves - enough to ensure no impacts to classrooms this year.

Every available dollar should go directly to classrooms.

PC Alberta candidates will work to keep education as the top priority – and to ensure learning for children comes first.

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Find your candidate at PCalberta.com/Candidates Sponsored by the PC Association of Alberta, 1-800-792-6812

be to sell second-hand property to a salvage yard or an auto wrecker in Calgary.



Write, produce and shoot a movie in 48 hours, but first make sure it has an environmentally-conscious theme that's the challenge the New University Television (NUTV) is putting forward for this year's installation of their annual Greenlite arts festival.

The green-themed festival events begin Wednesday and run to May 14, when the Best in Show Gala will show off the amateur-friendly short film challenge.



To find out more about Greenlite and the eco movie challenge visit nutv.ca/greenlite

"The films that get made — I'm always amazed by them," Taylor Ross, executive director at NUTV said.

"I'm shocked at what people can accomplish in that 48 hours and it's exciting to celebrate storytelling and using it to give a message about something that's important to us.

She said NUTV tries to make everything as ecofriendly as possible, one of the rules forces contestants to film on campus, and all the films have to follow their eco theme — this year's is "footprints."

Although applications for the weekend event have officially closed Ross said there may be some wiggle room for interested film-makers.

TRANS-CANADA

'Super speeder' busted on highway

A Calgary driver has been slapped with some major fines after being caught zooming down the Trans-Canada Highway at speeds upwards of 150 km/h.

The 22-year-old male driver received a fine of almost \$800 when RCMP officers pulled him and two other vehicles travelling together on the night of

The other drivers were both

20-year-old males from Winnipeg; all three vehicles were pulled over near Brandon, Manitoba.

RCMP said all three "super speeders" were driving dangerously by excessively speeding and overtaking other vehicles on the highway.

A total of eight speeders were charged over the April 24 weekend in Manitoba.

Ready, set, action Greenlite has been running the 48-hour movie challenge for five years and has seven teams lined up for this year's challenge. Write produce and short of The films that get made.

DISASTER

Nepal-based organization aims to deliver health supplies

Jennifer Friesen Metro | Calgary

On Saturday morning Janelle Pritchard woke to the news that her "home away from home" was engulfed in tragedy.

A magnitude 7.8 earthquake struck near Kathmandu, Nepal, killing a so-far estimated 4,400 people in the region, and leaving many more unaccounted

"Immediately after hearing the news, I was looking through images online of all these places I was just walking through a couple of months ago and they were all destroyed," she said. "It's scary. Having no idea if the people you love are OK, having no way to reach them, I felt so hopeless."

Pritchard, an operating-room nurse at Rockyview General Hospital, has been a member in her family's Nepal-based char-



day. People are sleeping on a few spare mattresses and even bits of cardboard. CONTRIBUTED

ity, Uphill Both Ways Education and Relief Fund, since its 2009 inception.

Along with her parents, sisters and friends, she's arranged health-care camps and built schools across the country.

Now, the organization has re-geared, channelling its work and donations to deliver healthcare supplies and equipment to the Siddhi Memorial Hospital in Bhaktapur.

According to Pritchard, the small hospital outside of Kathmandu has only one operating room, four beds in the emergency room, and three other small units — but in the first 24 hours after the earthquake, they cared for over 600 people.

They have everyone and anyone coming through their doors, and unfortunately they just aren't equipped to deal with it all," she said. "People are being treated outside in the courtyard, they're overrun, and they're running out of supplies."

In the past two days, the charity has already collected more than \$12,000 in donations, and Pritchard said this is just the beginning.

"It's devastating, but this is just the acute stage of emergency services," Pritchard said. It will take years to recover. So many people are homeless. They have no access to water. There's disease and infection and dead bodies are everywhere. I just hope they know they have support, and we'll keep supply lines coming in.'



So many people are homeless. They have no access to water. There's disease and infection and dead bodies are everywhere. Janelle Pritchard



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metr®NEWS | Calgary | Wednesday, April 29, 2015

Dirks gets flak for skipping forum — in his own riding

EDUCATION

Funding fears discussed as vote day approaches



Jeremy Nolais Metro | Calgary

When it came time to take attendance at an all-party public education forum Tuesday evening, participants couldn't help but notice one prominent election hopeful wasn't there to declare "present."

Gordon Dirks, who served as the PC government's education minister until the writ was dropped, skipped the Mount Royal University forum, hosted by the Alberta Teachers' Association locals. Rivals said his absence was particularly glaring given the 90-minute event was held in his own riding of Calgary-Elbow.

"The basic expectation for anyone who seeks elected office should be public accountability — you should attend debates," said Elbow contender and Alberta Party Leader Greg Clark, who is widely considered to be the biggest threat to the Tories in the inner-city constituency.

Clark added, "The PCs had 71 other MLAs and they didn't send a representative. They're not interested in talking with teachers, they're not interested in engaging with parents. They're hiding."

Another Elbow candidate, Liberal John Roggeveen, was also in attendance. Questions have been raised about why he chose to run in the ridding, with some suggesting he could split the anti-Tory vote and allow Dirks to run up the middle.

But Roggeveen said he believes he can represent the riding in an unbiased manner. He said flood reparation and mitigation is a major concern at some doors.



Liberal John Roggeveen, left and Alberta Party Leader Greg Clark, both seen at an all-party education forum Tuesday, will be among those on the ballot in Calgary-Elbow come provincial election day May 5. JEREMY NOLAIS/METRO

"They (the Tories) promised to make things right and they just haven't," Roggeveen said. He also criticized Dirks' abence.

But David Heyman, media

relations director for the Dirks campaign, said organizers were informed days in advance that the candidate would not be attending.

"Minister Dirks spent several hours tonight talking to voters at their doors about education and other issues," Heyman said. "His priority during this last week of the election is to talk to as many voters in Calgary-Elbow as possible."

Common themes emerged during the forum, which was attended by a crowd of roughly 100 people. Candidates vouched for predictable funding, supports for vulnerable students, and speedy construction of much-needed schools.

Alongside Clark and Roggeveen at Tuesday's forum were NDP Calgary-Varsity candidate Stephanie McLean, Wildrose Calgary-North West hopeful Jeff Callaway, as well as Green Party Leader Janet Keeping, who is running against PC Leader Jim Prentice in Calgary-Foothills.

IN BRIEF

Alberta doesn't need 'NDP-style experiment': Wildrose leader

The leader of Alberta's Wildrose Party used a campaign stop in Calgary to target NDP Leader Rachel Notley and the governing Progressive Conservatives.

Brian Jean says the only way to stop what he calls the PC coalition for higher taxes and the NDP is to vote Wildrose. He says he's been to all corners of the province and has come to the conclusion that the PC's four-decade reign in Alberta will end in the vote next Tuesday. THE CANADIAN PRESS

Swann says anyone but Conservatives in election

Alberta Liberal Leader David Swann is telling voters not to mark their X for the Progressive Conservatives in next week's provincial election. He told a crowd at a seniors centre in Lethbridge that if people can't vote Liberal next Tuesday, they should cast their ballot for someone other than the Tories. He says he's fed up with the government and believes change is in the air. THE CANADIAN PRESS



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Charges laid in homeless deaths

WINNIPE

Two men killed over weekend, another killed in early April



Shane Gibson Metro | Winnipeg

Winnipeg police have charged the man that they initially identified as a person of interest in the deaths of two homeless men in the downtown area last weekend, as well as that of a third man found beaten to death in a bus shack earlier in April.

But Winnipeg Police Service Superintendent Danny Smyth stopped short of calling the man a serial killer Tuesday.

"I don't know if there's a definition for a serial killer," said Smyth after announcing the arrest in the cases that have left Winnipeg's homeless community on edge and garnered national media attention. "But certainly three murders is significant."

John Paul Ostamas, 40, was charged with two counts of first-degree murder and one count of second-degree murder Monday.

Police allege Ostamas attacked and killed Donald Collins, 65, in downtown Winnipeg Friday night, and then killed 48-year-old Stony Bushie after the two met several hours later at a parkade near the same corner.

The second-degree murder charges are connected to the death of Myles Monias, 37, who was found beaten to death in a bus shelter downtown April 10.

Smyth said Ostamas, who is originally from the Thunder Bay, Ont. area and has lived in and out of Winnipeg for the last decade, is "very transient" and knew both men he's accused of killing last weekend, but couldn't say what motiv-



Smyth said it's too early to say whether Ostamas is involved in any other unsolved crimes in Winnipeg and said investigators will be contacting police in other cities to look at possible links to unsolved crimes elsewhere.

ated the attacks.

Police believe the earlier killing was random.

Lisa Goss executive director of Winnipeg's Main Street Project, which runs an emergency drop-in shelter, was grateful for the arrest, but said the homeless are always at a higher risk than the general population.

"The reality is they're prepared for this every day," she told media. "It's a different way of life when you don't have the securities that you and I do."



COURT DEL MASTRO SAYS HE'S PAID 'EXCEPTIONALLY HEAVY PRICE' ALREADY

Former Conservative MP Dean Del Mastro leaves court on Tuesday at his sentencing hearing in Lindsay, Ont. Del Mastro choked back tears as he described the "nationwide condemnation" he's had to endure as his election overspending trial wound its way through the legal system. Crown prosecutors are seeking a sentence of nine to 12 months in jail. But Del Mastro addressed the Crown's stance in his appeal to the judge. "They have failed to acknowledge the exceptionally heavy price that I have already had to pay," he said. The former Conservative MP was found guilty last fall of violating the Canada Elections Act. Del Mastro's sentence is expected to be delivered on June 26. RED THORNHILL/THE CANADIAN PRESS

SASKATCHEWAN

Man pleads guilty to burning homeless Saskatchewan woman

A man accused of attacking a homeless woman and setting her on fire in northern Saskatchewan has pleaded guilty to attempted murder.

Leslie Black, 29, entered the plea Tuesday in a Prince Albert courtroom.

A judge ordered the man to undergo a psychiatric assessment and he was remanded in custody until June 26.

Marlene Bird was found badly injured in a parking lot

outside a community centre in the city's downtown on June 1, 2014.

The 57-year-old was so badly burned in the attack that doctors were forced to amputate both her legs. She also had several surgeries for skin grafts.

There was an outpouring of support for Bird nationally and internationally and a local shelter set up a trust fund to help cover medical expenses along with rehabilitation costs.

Bird later moved into a home with her long-time partner, who helped her adjust to her new life in a wheelchair.

Police initially charged Black with aggravated sexual assault.

A publication ban on Bird's name was lifted after her family argued that she didn't want to be "just another statistic."

The Crown told court that the sexual assault charge will be dropped. THE CANADIAN PRESS

EARTHQUAKE

Canadians in Nepal frustrated by lack of response from feds

Canadians in Nepal and relatives of missing Canadian tourists are expressing frustration with Canada's response to Saturday's massive earthquake, with some complaining they're getting more support from American officials than their own.

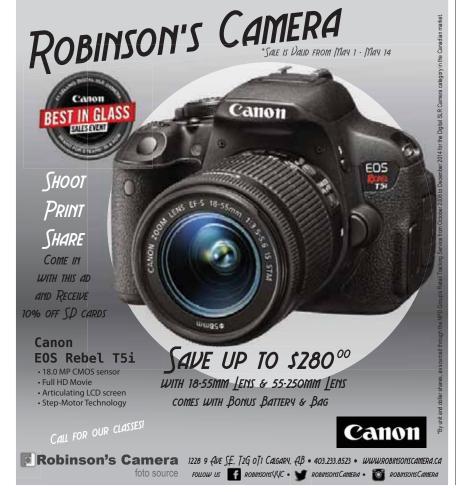
Mark McDermott and Roel Teunissen were hoping to get on a military transport plane on Wednesday to return to Canada from the earthquake-ravaged country. But McDermott said they've now been told the plane will take evacuees only to New Delhi, where they'll have to find commercial flights home on their own.

That would leave them in a worse situation than they currently have in the U.S. embassy in Kathmandu, where his group and many others have gathered while they await their scheduled flight on May 17, he said. In New Delhi, however, they'd likely have to camp out at the airport.

The Canadian Forces said Tuesday that a C-17 transport plane

carrying some personnel and supplies is scheduled to land in Kathmandu on Wednesday local time. It would also be able to fly up to 100 passengers to New Delhi once it is ready to leave. A second C-17 has left Canada carrying more equipment and people.

McDermott said neither he nor Teunissen will go to New Delhi, and they haven't heard of any other evacuation efforts. He added there's been a dearth of information from Canadian officials. THE CANADIAN PRESS





Police clash with protesters

BALTIMORE

Violence set off by death of Freddie Gray

A line of police behind riot shields hurled smoke canisters and fired pepper balls at as many as 200 protesters Tuesday night to enforce a citywide curfew, imposed after the worst outbreak of rioting in Baltimore

Demonstrators threw bottles at police, and picked up the smoke grenades and hurled them back at officers. No immediate arrests or serious injuries were reported.

The clash came after a day of high tension but relative peace in Baltimore, as thousands of police officers and National Guardsmen poured into the city to prevent another round of rioting like the one that rocked the city on Monday.

It was the first time since the assassination of the Rev. Martin Luther King Jr. in 1968 that the National Guard was called out in Baltimore to prevent civil unrest.

Maryland's governor said 2,000 Guardsmen and 1,000 law officers would be in place overnight.

'This combined force will not tolerate violence or looting," Gov. Larry Hogan warned. The racially charged violence

on Monday by set off by the case of Freddie Gray, a 25-year-old black man who died of a spinalcord injury under mysterious circumstances while in police custody.

In a measure of how tense things were, Baltimore was under a citywide 10 p.m.-to-5 a.m. emergency curfew. All public schools were closed. And the Baltimore Orioles cancelled Tuesday night's game at Camden Yards and — in what may be a first in baseball's 145-year history — announced that Wednesday's game will be closed to the public.

The streets were largely calm all day and into the evening, with only a few scattered arrests. The real test was expected after dark.

As the 10 p.m. curfew went into effect, several hundred protesters remained in the street in the city's Penn North sec-

- ISSUE

The violence set off soul-searching among community leaders and others, with some suggesting the uprising was about more than race or the police department - it was about high unemployment, high crime, poor housing, brokendown schools and lack of opportunity in Baltimore's inner-city neighbourhoods.

tion near where a pharmacy was looted. Standing shoulder to shoulder, police in helmets and riot shields began advancing toward the demonstrators in an effort to push them back. Some protesters lay in the street or hurled bottles toward the police.

As the hour drew near, a local pastor used a loudspeaker to urge the demonstrators to go home, saying: "Let's show the world, because the eyes of the world are on Baltimore right now.'



A protester throws a tear gas canister back toward riot police after a 10 p.m. curfew went into effect in the wake of Monday's riots. DAVID GOLDMAN/THE ASSOCIATED PRESS

Around the same time and in a different neighbourhood, Baltimore police tweeted that they were making arrests in South Baltimore after people started attacking officers with rocks and bricks. At least one officer was reported injured.

Monday's looting, arson and rock- and bottle-throwing by mostly black rioters broke out

just hours after Gray's funeral Political leaders and residents called the violence a tragedy for the city and lamented the dam-

age done by the rioters to their own neighbourhoods. But the rioting also brought out a sense of civic pride and responsibility in many Balti-

more residents, with hundreds

of volunteers turning out to

In the wake of the riots, Orioles will play White Sox on Wednesday in closed-doors game; weekend series shifted to Florida. More on page 25.

sweep the streets of glass and

other debris with brooms and

trash bags donated by hard-

ware stores.

THE ASSOCIATED PRESS

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NEWS World

Wednesday, April 29, 2015 **15**

Many still in need of help in Nepal

Since quake. remote village has yet to receive aid

There is almost nothing left of the village of Paslang, Nepal, but enormous piles of broken red bricks and heaps of mud

and dust.
One of those piles was once
Bhoj Kumar Thapa's home, where his pregnant wife pushed their five-year-old daughter to safety in a last, desperate act be-fore it collapsed and killed her during Saturday's earthquake. On Tuesday, Thapa and others

in Paslang were still waiting for the government to deliver food, tents — any kind of aid — to this poor mountain village near the epicentre of the quake that killed more than 4,700 people, injured over 8,000 and left tens of thousands homeless.

"When I got home, there was nothing," said Thapa, a soldier.



A woman recovers cooking pots from her collapsed home in Paslang in Nepal. Tuesday. WALLY SANTANA/THE ASSOCIATED PRESS

"Everything was broken. My wife

— she was dead. "Only the other villagers who have also lost their homes are helping me. But we get nothing from the government," Thapa

An official came, took some pictures and left — without de-livering anything to the village

of about 300 people north of the capital of Kathmandu, he said. Paslang is only three kilo-

metres up the mountain from the town of Gorkha, the district headquarters and staging area for rescue and aid operations. But the villagers, who have no idea when they might get help, are still sleeping together in the mud and sharing whatever scraps of food they can pull from beneath their ruined buildings. Three in the hamlet have died.

Officials and foreign aid workers who have rushed to Nepal following the magnitude-7.8 earthquake are struggling against stormy weather, poor roads and a shortage of manpower and funds to get assistance to the needy. On Tuesday, the district managed to co-ordinate 26 helicopter trips to remote villages to evacuate 30 injured people before a major downpour halted the effort.

"We need 15,000 plastic tarps alone. We cannot buy that number," said Mohan Pokhran, a district disaster management committee member.

THE ASSOCIATED PRESS

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Business | metr® NEWS

15 video games make **Hall of Fame shortlist**

THE STRONG MUSEUM

Finalists include Pong, Angry Birds, Minecraft

Fifteen video games that have engrossed gamers for untold hours were named finalists Tuesday for the new World Video Game Hall of Fame.

The list includes arcade trailblazers Pong and Space Invaders, smartphone favourites Angry Birds and Minecraft and an array of others for console

and computer.

Only a handful will make up the hall of fame's inaugural class, to be chosen by an inter-national selection committee of journalists, scholars and other video game experts.

The induction ceremony is scheduled for June 4 inside The Strong museum in Rochester, N.Y., which also houses the National Toy Hall of Fame.



The 15 finalists nominated for the World Video Game Hall of Fame, from left, Pac-Man, Space Invaders, Sonic the Hedgehog, Minecraft, the Sims, Super Mario Bros., Doom, top, World of Warcraft, centre, Pokemon series, bottom, the Legend of Zelda, the Oregon Trail, Tetris, FIFA soccer, Angry Birds, Pong. BETHANY MOSHER-THE STRONG/THE ASSOCIATED PRESS

"The 15 finalists for the World Video Game Hall of Fame span decades, gaming platforms and geographies," said Jon-Paul Dyson, director of the museum's International Center for the History of Elec-tronic Games. "Whether it's the groundbreaking game Pong or a more recent viral sensation like Minecraft, all of these games have helped shape the way that

people across the globe play and relate to one another.

To make it into the hall of fame, games must have icon status, prove to be more than a passing fad and leave a mark on other games or forms of entertainment, pop culture or society in general.

The Strong said it received thousands of nominations since February, when it announced

creation of the video game hall to recognize the impact of electronic games through the years. Anyone can nominate a game online. The museum's electronic games centre has more than 55,000 video games and related artifacts, along with personal papers and corporate records that document the history of video games.

THE ASSOCIATED PRESS

U.S. lender OnDeck expands to Canada

OnDeck Capital, a U.S.-based online marketplace where small businesses can secure loans, is expanding its offerings in Canada, joining a growing number of technology-oriented lenders that promise to transform the financial services landscape

Experts say Canada has been slow to embrace peer-to-peer lending, a burgeoning industry that provides consumers and small business owners an alternative to the banks by pairing them with institutional investors and wealthy individuals willing to lend them cash.

The concept is gaining popularity south of the border, as well as in parts of Europe and

"Innovations often take longer to arrive here," says Andrew

Graham, the chief executive of Toronto-based Borrowell, an online platform launched a month ago that allows consumers to borrow money at rates ranging from 5.9 to 18 per cent. After an initial trial period

where it offered small loans
— \$50,000 or less — to Canadian firms, OnDeck has set
its sights on expanding north of the border, joining a handful of homegrown startups including Fundthrough, which lends to small businesses, and Grouplend and Borrowell, serving consumers.

OnDeck, which has delivered over \$2 billion in loans since 2007, will now be offering loans of up to \$150,000 to Canadian companies.

THE CANADIAN PRESS

China beats France in vineyard space

China now boasts more land dedicated to winemaking vine-yards than France, as it tries to satisfy a rapid rise in local demand

China's vineyards grew to 800,000 hectares last year, putting it behind No. 1 grower Spain but ahead of France.

Because its production is less effective than more established winemaking countries, China's output is only the seventhbiggest, according to figures released Monday by the Parisbased International Organization of Vine and Wine

France took over the title of top producer from Italy last year, with 46.7 million hectolitres, or 6.2 billion bottles. EU

countries have intentionally reduced vineyards in recent years to make them more efficient and improve quality.

By contrast, China's harvest is expected to yield 11.2 million hectolitres. The bulk of that is destined for consumers in China, whose 1.4 bil-lion people knocked back 15.8 million hectolitres (2.1 billion bottles) of wine last year. The taste for wine has grown

rapidly in China over the past 15 years, more than local production can keep up with. Added to the status carried by foreign wines, China has become the world's sixth-largest wine importer, on par with Russia.

Workers collect red grapes in the vineyards of the famed Cha-

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PLEASE QUOTE: "ADVERTISING SALES REPRESENTATIVE — Calgary" in the Subject Line. All submissions will be treated as confidential.



IN BRIEF Google throwing cash at European publishers

Google says it will give European publishers who accuse Google of profiting from their content — 150 million euros (about \$198 million) to help them adapt to the challenge of selling news

online. THE ASSOCIATED PRESS LG offers leather phones

LG is making its new G4 smartphones with optional leather backs as it seeks to distinguish its phones from Apple's iPhones and Samsung's Galaxy smart-phones. The G4 will have . a choice of leather finishes. By contrast, Apple and HTC use metal and Samsung uses glass. THE ASSOCIATED PRESS

market minute



DOLLAR 83.13¢ (+0.49¢)



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GOLD \$1,213.90 US (+\$10.70)

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METEWS

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PRO CON METRO EXAMINES BOTH SIDES OF THE CANADA POST CONTROVERSY

Are community mailboxes good for community?

NO: They'll destroy the fabric of our great country

Boxes are not always installed with municipal approval or co-ordination (which prompted a court challenge this week from the City of Hamilton against Canada Post). A big, ugly metal superbox on or near your home can lower property values. Canada Post's refusal to add recycling bins will inevitably lead to more litter as not everyone will bother to lug home their junk mail. As our already brutal winters become increasingly more freakish, walking or driving to get essential documents will become dangerous or impossible for many. The keys don't always work. And for those with mobility issues, we wish you luck as you navigate the bureaucratic rigamarole of proving you deserve special dispensation for home delivery once a week.

YES: But only if we use imagination and planning...

The visionary view is that random encounters — and increased interactions as people gather to collect their mail — could improve quality of life for many. But this happy scenario will require more than just dumping a metal box on the edge of a lonely road. Imagine if beautifully designed mailboxes were incorporated into a local café or community centre — a destination you could walk or drive to with a friend, where you could have a cuppa and gossip about the day's news, check out community events on a notice board, or cruise the Internet. Early humankind gathered around a communal fire not just for warmth, but for much-needed human contact. Wouldn't it be wonderful if community mailboxes could resurrect that kind of ritual?

Satire fails, if it serves only the privileged

SOCIAL DISCOURSE

Omar Mouallem



I never thought I'd hold the PEN American Center's Freedom of Expression Courage awards and Adam Sandler in the same thought. But events this week brought their worlds closer together after both were boycotted over racial stereotyping.

The PEN honoree, Charlie Hebdo magazine, mocked underprivileged minorities, according to six esteemed authors boycotting the ceremony. Sandler's in-production movie, The Ridiculous 6, flagrantly dismissed the advice of its Native American cultural consultants and extras until they walked off the set.

Satire isn't supposed to be sacred, which is the very thing that makes it sacred. It shows deference to no one. But it can also cross a line and become

a way for the empowered to bully the disempowered.

In recent years, similar criticisms have been thrown at 2 Broke Girls' asexual Asian workhorse tropes, The New Yorker's "fist bump" cover featuring a turbanned Obama with wife Michelle as a gun-toting revolutionary, and Tina Fey's new comedy Unbreakable Kimmy Schmidt — for, among other things, a weird subplot featuring Polish-American actor Jane Krakowski's character as Native American.

Some of these criticisms are valid, others misconstrued. Together they indicate growing empathy for oppressed groups. But does the frequency of these criticisms mean audiences are becoming more sophisticated, or oversensitive?

Certainly it's become much harder to get away with casual racism since the 1990s, when Sandler teased gays, Asians, women and his own Jewish clan with equal opportunity. But there's something deeply disturbing about The Ridiculous 6. One scene shows an indigenous woman falling down drunk before being roused by white men pouring liquor on her.

Are audiences becoming more sophisticated? Or oversensitive?

Netflix, producers of The Ridiculous 6, defended Sandler: "It is a broad satire of Western movies and the stereotypes they popularized, featuring a diverse cast that is not only part of — but in on — the joke." Call me skeptical but, when actors from a group that, according to one study, gets an average of 196.5 seconds of screen time per appearance, are involved, I doubt they were in on anything.

Growing up, I rarely saw an Arab depicted in comedy who wasn't a sex-crazed sheik, muted and submissive harem slave or violent radical. Even as a child I recognized it as cruel and hurtful. Charlie Hebdo has shown these portrayals are as prevalent and problematic as ever, but also that excessive sensitivity can be more damaging.

Satire isn't an exact science. That's why it's art. But even the lowest-brow art is best when it challenges the audience's expectations — if not for the sake of social commentary, then just because upending clichés makes for better entertainment. When comedy instead supports ridicule, it only serves the privileged.

Omar Mouallem

(@omar_aok) is based in Edmonton and edits the Yards. Social Discourse appears every other Wednesday.

ROSEMARY WESTWOOD

metroview

"Asking advertisers to stop exploiting our insecurities is naive"

Protein World just wanted to sell some diet pills.

Instead, the company has raised women's ire over a sexed-up ad campaign on the London Underground featuring a bikini-clad woman.

"The image features bold writing asking commuters 'Are you beach body ready?' when it might as well say 'Do you feel rubbish yet?'" wrote protester Tara Costello.

Women are defacing the ads. There's a "taking back the beach" rally planned and a petition to get the ads removed, which the transit authority is sidestepping since the ads are set to come down today.

Stop trying to make us feel bad, the protesters are demanding. Fat chance.

"That's what advertising does," said Jacqueline Lambiase, professor at Texas Christian University, who's been researching sex and women in the media for 25 years.

Advertising preys on our emotions, an idea, Lambiase noted, that goes back to Aristotle, and manipulates our insecurities, a tactic devised in the early 1900s to sell mouthwash and used ever since.

Asking advertisers to stop creating insecurities and exploiting existing ones is naive.

Even companies that seem to be selling an enlightened view of women — Always' #LikeAGirl Super Bowl ad and Dove's #choosebeautfiul campaign — have one basic

goal, and it's not boosting your female empowerment. It's getting your money.

"I'm pretty skeptical about those kinds of attempts," Lambiase told me. "Brands are only trying to sell themselves. They can't really do anything else in the world."

If you want to praise Dove's #choosebeautiful campaign (which has appeared in this newspaper and tells women: "Beautiful is a choice. One you make every single day"), praise it on the only measure it deserves: sales figures.

Yes, we should still fight the worst offenders, even when it raises their profile (as the backlash has for Protein World). It's well known that ads can negatively impact selfesteem and body image.

But, as Lambiase argued, we also need to boost our resilience against these messages through better media literacy, especially in an age of heightened sexualization, where what was considered pornography in the 1960s is now fair game for advertisers.

There is no healthy image of womanhood, or personhood, in an industry that only sees consumers. There are no allies in the advertising business, and you can't bully Victoria's Secret into doing anything less than making you feel incomplete without their bras.

The key isn't to ask advertisers to sell us a nicer story. It's to stop listening.



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Rescue mission: Swiss ski resort bans Saint Bernard selfies after complaints about working conditions

Beer: It's not just for BBQs

FOOD AND DRINK

Picking the right brew can take your meal to the next level

Food lovers need not turn to wine and cocktails when they want to enjoy a meal.

Metro talked to Toronto-based brew specialist Mirella Amato and Elyse Carlucci of Blue Point Brewing Company in the U.S. about how to best pair beer with different dishes.

"I've come up with a two-step system that will yield a decent pairing. It might yield a delicious pairing, but it will certainly yield a solid one," said Amato.

The first step is intensity. Both Amato and Carlucci say you want to match the intensity of your beer with the intensity of the dish you intend to pair it with

"If I have a light salad and I pair that with a really roasty, full-bodied, Russian imperial stout, I'm not going to be able to taste my salad," says Amato, author of Beerology: Everything You Need to Know to Enjoy Beer ... Even More, which includes a chapter on beer pairings.

"If I have a thick stew with vegetables and spices and meat and I pair that with a light lager, the flavour of the lager will be completely lost."

Amato says the second step is not in any of the literature she's read — it's more of an insider tip.

"Line up the colour intensity of your beer with the colour in-



Bier Markt's Merchant Burger is paired with a Red Racer by Central City Brewing at their King Street location in Toronto. Beer expert Mirella Amato says British-style pale ales have a complexity of flavours that go really well with a burger. LIZ BEDDALL/METRO

tensity of the main ingredient of your dish."

Carlucci says while you can do contrast pairings, they are difficult for novices to pull off.

She does, however, recommend contrast pairings for newbies in one situation: "If you're looking to cool down the heat in a really spicy dish, contrast it with wheat beers, like white styles or pilsners. That's the only time where a contrast for novices might be a good thing."

Here, Amato and Carlucci share some of their favourite pairings for different foods. A list of Canadian options provided by Amato is included at the end of each category.

Chicken or pork: "You can go with a more traditional lager style," says Carlucci of mediumbodied proteins.

"Stick with medium intensity beers that have more flavour, but not a lot of hops."

Amato takes it back to her colour principle.

"If you are looking to pair beer with chicken or white fish, you want to go with a gold to pale amber beer. If you're getting into salmon, pork, lentils, you want a deeper amber beer." Examples:

Golden lager, like Tree Brewing's Beach Blonde (British Columbia)

- Golden ale, like Boréale Blonde (Quebec)
- Kölsch-style ale, like Beau's Lug-Tread Lagered Ale (Ontario)
- Märzen, like Paddock Wood's Red Hammer (Saskatchewan)
- Bock, like Hoyne The Big Bock (British Columbia)

- American-style pale ale, like Great Lakes Canuck Pale Ale (Ontario)
- Saison, like Hopfenstark's Saison Station 16 (Quebec) Classic burger: "I enjoy my burgers with either a British style pale ale or a British style brown ale. That brown colour lines up nicely with the meat. And of course, with burger, it's extremely rare that you're going to have it plain there's a lot of flavours there and Britishstyle ales have a complexity of flavours," says Amato.

Examples:

- Picaroons Best Bitter (New Brunswick).
- Central City Brewers Red Racer (British Columbia).
- Black Oak's Nut Brown Ale (Ontario)

Desserts: Pairing beer with desserts all depends on what you're serving.

"If you like more fruity desserts, there are some really good fruit lambics out there and that's a great style for someone who likes fruitier cocktails or has a sweeter palate," says Carlucci.

"There are a lot of great beers out there that have fruit undertones."

As for heavier desserts like a dark chocolate mousse, Amato says you can go two ways.

"A really intensely fruity fruit beer is delightful because then you get the chocolate and fruit thing."

She also recommends a Barley wine, "a really thick, chewy beer — it has got a roundness to it, which mirrors the mousse nicely, but it also has a higher alcohol content to cut through the richness."

Examples:

- Mill Street's Barley Wine (Ontario)
- Garrison Ol' Fog Burner (Nova Scotia)
- Central City Brewing's Thor's Hammer Barley Wine (British Columbia)
- Amsterdam's Framboise (Ontario).
- St Ambroise's
 Framboise (Quebec)
 EMINA GAMULIN/ METRO WITH FILES FROM
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metr@LIFE Gossip Wednesday, April 29, 2015 2

French actresses Marion Cotillard (below) and Léa Seydoux will star in Juste La Fin Du Monde by director Xavier Dolan.



French stars sign on for Dolan film

XAVIER DOLAN

Director's latest tells story of man announcing his pending death

Production is set to begin next month on Xavier Dolan's next film, a French-language feature starring Marion Cotillard, Léa Seydoux and Vincent Cassel.

Dolan says he's thrilled to work with such "inspiring talent" on It's Only the End of the World (Juste La Fin Du Monde). The Canada-France co-production also stars Nathalie Baye and Gaspard Ulliel.

The film is based on a play by Jean-Luc Lagarce of the same name.

It centres on a writer who returns to his hometown, planning to announce his upcoming death to his family. Dolan says he was introduced to the play many years ago by muse Anne Dorval, whose Dolan credits include Mommy and I Killed My Mother.

The Quebec writer/director says he will shoot the film in late May before starting on his first English-language project, The Life and Death of John F. Donovan, starring Kit Harington and Jessica Chastain.

Dolan says he hopes It's Only the End of the World could bridge the genre chasm between his mother-son drama Mommy and John F.

"It's the second time I'm adapting a play and I have to admit that so far, for me, novels and plays have been the regal road to screenwriting," Dolan said in a release.

"I love adaptations and they challenge me in a different way. It's humbling to translate someone's world, someone's intimate creation to the screen."
THE CANADIAN PRESS

GOSSIP NOTES What people are talking about this week

McDreamy McTardy?



Now that you've recovered from the sudden death of Patrick Dempsey's Grey's Anatomy character, it's time to dig into exactly why McDreamy had to go and slip this mortal TV coil.

"Shonda (Rhimes) had no other choice but to fire Patrick. He had been showing up late and was holding up production because he couldn't remember his lines," a source tells Radar Online

"Shonda shouldn't be blamed. This is on Patrick and no one else."

And apparently Rhimes gave Dempsey a chance to fix his behaviour, but he didn't take it.

Michelle who?

A British soap star you've probably never heard of,

at least according to FHM, is apparently the hottest woman on the planet.

The lad magazine has dubbed Coronation Street star Michelle Keegan 2015's Sexiest Woman in the World after coming in second last year.

Kendall Jenner takes second place this year, while Jennifer Lawrence, last year's titleholder, drops to third.



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It's a crackin' good time Chard helps seafood sing

MARITIME TREAT

Lobster best enjoved in casual setting, **chef says**

For many Canadians, lobster is a dress-up, special-occasion food eaten at a fancy restaurant.

"But it should be the total opposite," says Alain Bosse, a.k.a. The Kilted Chef, of Pictou Coun-

"You should be dressing down and eating it at your picnic table."

The food consultant and "ambassador of all things culinary in Atlantic Canada" says the Maritimes "have the best lobster in

"We have the most pristine water and because of our cold climate, our shells are harder and meatier. We end up with a good, hard-shelled quality lobster that's full of meat, versus a soft-shell lobster that's moulting," he says.

"And we sell more lobster than anywhere else in the world, Maine included."

The Halifax-based Lobster Council of Canada's executive



Take the intimidation factor out of cooking lobster. ISTOCK

director, Geoff Irvine, confirms Canada provides more than half the world's supply of live and processed hard-shell Atlantic lobster, with an export value last year of \$1.5 billion.

The industry is highly regulated, Irvine says.

The Atlantic Coast (there's no lobster on the West Coast) is divided into 41 "lobster fishery

areas" (LFAs), each with its own "season" - a starting and finishing date. Fishers are licensed for specific areas. May and December are peak production times, but at least one LFA is in operation in any given month.

These staggered seasons encourage sustainability but also protect summer moults. Lobsters shed their shells to

Hard-shell lobster has fewer than 100 calories

HEALTH-WISE

per 100-gram serving, with 89 per cent of calories from protein. It's low in fat and carbohydrates and is a good source of vitamins and minerals.

grow and are at their best when the new shells have hardened and are full of meat.

About 40 per cent of the lobster catch is delivered live to customers and 60 per cent is processed into "literally hundreds of products," Irvine says.

Despite accessibility to fresh lobster, Bosse still calls it a "won-

derful treat." But that accessibility may explain a more casual approach to a lobster dinner in the Maritimes, including roadside "pounds" where the only accompaniments may be a paper plate and plastic utensils.

'Typically in Atlantic Canada, we eat lobster cold, dipped in hot butter," he says. "And we always eat it either with french fries, potato salad or french bread."

Cooking tips

• If unfamiliar with the crustacean, a great way to start is to buy it - raw or cooked - already fully or partly removed from the shell. That eliminates the issues of dropping live lobsters into boiling water to cook and of wrestling

the meat out of the full shell. • Overcooking is probably the most common mistake, Bosse says. A 625-gram (1.25-pound) raw lobster "takes about 12" minutes in boiling water or steamed and you only add a minute per quarter-pound (125 g). A lobster tail, stuffed with butter and baked in the oven, takes six or eight

minutes at 350 or 400 F (180

or 200 C)." THE CANADIAN PRESS

LIQUID ASSETS **Peter Rockwell**

A recent tasting with Margo Van Staaveren, the longtime winemaker at California's Chateau St Jean, reminded me that it's still hard to beat face-to-face interaction.

Founded in 1973, St Jean has been a Golden State pioneer when it comes to wines produced from specific vineyards.

While Van Staaveren creates plenty of liquid magic from those individual plots, her straightforward Chateau St

Jean 2012 Sonoma County , Chardonnay (\$18.95-\$19.99) represents her efforts equally as well.

Like me, she's an unabashed Chardonnay fan and the soft, tropical fruit and balanced, buttery oak influence in this chard tastes as good on its own as it does with rich seafood and dishes dominated by springtime veggies. PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

Park کے Shawnee

14 LOTS LEFT IN SHAWNEE PARK PHASE 1



BUNGALOWS

TWO-STOREYS

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Oola named best food website by Webbys

Food lovers on the lookout for new online content to consume may want to look towards the winners of the Webby Awards, which this year crowned Oola the best food and drink-related website on the Internet.

With the tagline "Feed Your Inner Foodie," Oola is designed as a comprehensive one-stop shop that includes recipes, feature articles, cooking tips and restaurant recommenda-

In the mobile category for food and drink, Distiller, a specialized site for whiskey lovers, took the top award, while Chefs Feed, which provides restaurant recommendations written by major chef names such as Mario Batali and David Chang, took the People's Voice award. AFP



SEASONAL

Go on, spring a leek

WORD OF MOUTH

earth, not the grocer.

Theresa Albert

One of the first greens to pop up in the spring are wild leeks. Foraging for food is a hipster renewal of ancient skills and I like the reinforcement of the idea that food comes from the

Head to forested areas where trees have dropped their leaves to a brown and thawed ground. For about three to four weeks after the frost has passed the only thing green will be clusters of daggerlike leaves about three inches tall and solid green with a red and white stem. Pull one or two to find a white bulb that smells distinctly like onion and you have hit pay dirt! Don't overharvest; leave half of each cluster to proliferate next

OK, so you don't want to forage but you do want to find leeks at the grocery store. The commercial variety has a thick, hardy stalk of stacked circular layers. The pale part is edible but the tops are too tough and can only be used in making stock.

Leeks have a milder, sweeter

taste than onion and a much prettier presentation. Nutritionally, they are about the same with the exception that leeks have slightly less sugar and much more Vitamin A.

Some creative ways to use leeks, beyond the traditional leek and potato soup, include:

- Sauté an entire pan in but-
- ter and freeze in ice cube trays. Spread onto warm baguette and top with goat's cheese.
- Use as a base for quick sauces or soups.
 - Blend with herbs and Greek yogurt for a great
 - Slice lengthwise and rinse well. Store in vinegar with salt in glass jars in the fridge for 24 hours to "pickle". Serve with sandwiches and keep refrigerated for up to two weeks.

 Toss raw into salads instead of red onion.

• Toss in olive oil and bake in oven at 200 F for 30 minutes to brown and dry. Use as a

pizza topper. Going with the season makes the cycle of life come alive. Passing along ancient traditions

makes memories. THERESA IS AN ON-CAMERA FOOD AND HEALTH EXPERT, NUTRITIONIST AND WRIT-ER WHO LOVES TO SPREAD THE WORD

metr@LIFE | Movies Wednesday, April 29, 2015 **23**

The Avengers reassemble

INTERVIEW

Paul Bettany is a futuristic Vision — but he can't hear you

Paul Bettany couldn't hear any-

When the 43-year-old actor initially donned a noggin-encasing headpiece to portray the mysterious Vision in Avengers: Age of Ultron, in theatres Friday, Bettany could barely make out what anyone was saying around him. That isolation ended up fuelling his imposing performance in the followup to the 2012 smash that brought together Marvel's mightiest heroes.

"I would go to a place of real Zen, where I meditated on the line of thousands and thousands of actors that would love to be in my position in an uncomfortable suit," said Bettany in a recent interview at Disney Studios.

"However, I would be lying to say it didn't take a great deal of (expletive) effort not to rip it off. They ended up drilling holes in it because I literally couldn't hear anything."

After five years of voicing Tony Stark's soothing operating system sidekick J.A.R.V.I.S. in the previous Avengers and Iron Man films, Bettany's role as the purpleskinned Vision marks the first time in front of the cameras in a Marvel film for the lanky British actor best known for starring in such films as Wimbledon, The Da Vinci Code and Priest.

"The first day I walked on set, Robert (Downey Jr.) made a lovely speech welcoming me," said Bettany.

"Everybody was completely convivial and pleasant. They were making jokes — or at least I think they were making jokes because I couldn't hear a (expletive) thing. It's actually a really nice atmosphere on those sets. Often, it's not like that.'

Bettany is portraying perhaps the best-kept secret of the second Avengers outing. In the comics, the commanding Vision is a type of android dubbed a "synthzoid" by Ultron, the nefarious robot that created him. The cinematic rendition is similarly fashioned by Ultron

(played by James Spader as an evil artificial intelligence pro-

However, this Vision might not be what he seems.

"He's an android, technically, but I would say he's what's next," said writer-director Joss Whedon.

"He's more evolved than the rest of us, which may prove to be a good thing or not. To me, this Vision feels like what it meant to me to read him as a kid. He has that calm distance but is also strangely emotional. Paul is just soooo phenomenal

Transforming into Vision was a three-and-a-half-hour-long process each day for Bettany that involved a skintight suit, lots of makeup, a bit of computergenerated flair and that metallic headpiece. Bettany noted "the solution is often in the problem itself," and that the oppressive costume provided a sense of calm to his interpretation of the Vision.

"I never thought I was going to play someone being born, obviously, because I'm 43 years old," said Bettany. "It's actually

I never thought I was going to play someone being born, obviously, because I'm 43 vears old

Paul Bettany

a really interesting opportunity and peculiarly edifying to imagine yourself as a total innocent without any moral compass experiencing the world as it hits you, and at the same time be omnipotent and extraordinarily powerful.

The character, who is romantically involved with Scarlet Witch (Elizabeth Olsen) in the comics, is expected to play a part in the upcoming Avengers sequels: Infinity War - Part I in 2018 and Infinity War - Part II in 2019. Bettany acknowledged he doesn't totally know Marvel's grand vision for Vision - and he doesn't want to hear it just yet, either.

THE ASSOCIATED PRESS



Paul Bettany, who plays Vision in Avengers: Age of Ultron, could barely hear while wearing the costume's headpiece.

The cast of Age of Ultron battles out-of-control AI onscreen — and in real life they're not so sure about tech. Here the cast talks about what gadgets they embrace and what they fear. THE ASSOCIATED PRESS

Robert Downey Jr.

I feel you have to embrace that goes on. .. on their iPhones.

Mark Ruffalo

You get into automated artificial intelligence weaponry, which is being developed now. ... Who knows where that's going to go but it's not an accident that as (Tesla CEO) Elon Musk and Stephen Hawking come out against artificial intelligence and say, 'Hey guys, this is scary. ..

Elizabeth Olsen

I can't advance with the times. My mother doesn't even know how to check her messages on her cellphone. So I'm my mother's daughter.

Paul Bettany

I still can't figure out how to use my phone. I'm just getting email. I'm just understanding that process. I feel like it's happening so rapidly and I just can't keep up with it.



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it. You know, there's always that shadow play But look, it took over a while ago, metaphorically speaking, by people who were just strung o u t

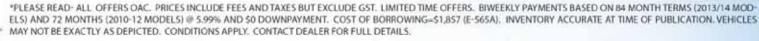
Chris Hemsworth

I love robots. Especially if they can clean up around the house, change nappies and things like that. That's what I'm excited about. I want, like, talking robots, to tell them my problems and stuff like that.

Cobie **Smulders**









METADRIVE STATES

Your essential daily news

Rolls-Royce's Phantom Limelight Collection features leather, refined wood and embroidered interiors

Evoque's beauty beyond skin deep



THE CHECKLIST 2015 RANGE ROVER EVOQUE

THE BASICS

Type. Five-door, AWD, compact, luxury crossover **Engine (hp).** 2.0-litre, inline, turbocharged four-cylinder (240)

Transmissions. Nine-speed automatic **Price.** \$49,270/\$75,525

POINTS

- Lots of Ford-based engineering, as this currentgeneration Evoque (debuting in 2012) was conceived during the period when Ford owned Land Rover.
- Major mid-cycle update coming for model-year 2016 edition, landing later this year.
- Available in both two-door and four-door body styles.



COOL FEATURES

- New nine-speed automatic transmission added for model-year 2015.
- Optional 360-degree camera and self-parking systems.
 InControl allows some apps to look the same on the touchscreen as they do on

MARKET POSITION

- Evoque's twin is the new Discovery Sport (previously known as Land Rover LR2).
 Lightest and most fuelefficient Range Rover ever produced.
- As all Range Rovers, Evoque is very capable off-road, and not just a pretty thing.



Porsche Macan S Base price: \$58,315



Mercedes-Benz GLK Base price: \$50,595



Infiniti QX50 Base price: \$36,945

REVIEW

Range Rover has compact crossover covered



The world domination of SUVs and crossovers has progressed through their unstoppable combination of AWD power-trains for all-weather and off-road prowess, a commanding tall-in-the-saddle driving experience, and doors and lift-gates that open up to big interiors and cargo areas.

Looks are secondary.

Which makes the Range Rover Evoque, first introduced in 2012, so bloody interesting: It's a crossover that trades on its looks.

And it's not just fantastic looking for a crossover. It looks great, period. Our tester was a Dynamic, the Evoque's highest trim level, so was further bolstered in the looks department with 20-inch wheels, and more aggressive bumpers, tailpipes, and grille. It was also rendered in an awesome metallic shade of Orkney Grey. When I drove the beast to Detroit, it actually got a thumbs-up from the U.S. border guard.

The price to be paid for the sloping roofline at the rear, and smallish rear side-glass, is poor rearward visibility, and a rear seating area that is a bit claustrophobic and short

on headroom. Evoque is also a "compact" crossover. It's shorter than a Ford Escape. So the cargo area is predictably tight, too.

Up front in the driver's cockpit, however, you are oblivious to such trifling things.

Everything that touches your body is luxurious, and everything in sight is "high style." I particularly like the rotary gear selector that rises slowly up from the console after the vehicle starts - very James Bond-ish — and the way the big infotainment screen is smoothly integrated in the dash. It doesn't look like an add-on as it does in lesser vehicles. The touchscreen itself, however, is a bit slow to respond, which wouldn't be so irritating if you didn't need it for so many regular functions, like changing radio stations and adjusting seat-warmer settings.

Once under the power of its Ford-sourced 2.0-litre turbocharged "four," it's evident Evoque is designed for spirited driving.

Land Rover made sure Evoque was especially light for its size, and the new torque vectoring system, called ActiveDriveline 4WD, means you can attack corners more quickly than you would otherwise. The ride is also quite firm. It gets even firmer with the low-profile tires on this Dynamic model.

Small and agile, the Evoque is effortlessly propelled by its 240-hp engine. The only glitch is a tendency to give you too much power, when you first dip into the throttle.



Shell working on concept car

Collaboration to produce 'ultra' city car

One of the world's biggest oil and gas companies is collaborating with Gordon Murray — one of the world's most respected automotive designers on a project exploring the future of personal mobility.

Dubbed Project M, the collaboration aims to design, develop and build an ultra-efficient, ultra-compact city car, albeit one that is powered by a traditional internal combustion engine.

Shell describes the car, which will be unveiled in concept form in November, as a simple global city car that will "work brilliantly whether you are in a city where mass-motoring is a relatively new thing or already a century old."

For Murray, the project is clearly a chance to further his own work into the topic. In 2010, he unveiled something called the T25, an ingenious ultra-compact city car that sat



Automotive designer Gordon Murray is famous for creating the McLaren F1. SHELL

three in a triangular formation and which used a revolutionary manufacturing process that reduced weight and materials without compromising strength or rigidity.

The iStream system, as it was called, also allowed the basic three-seat platform to take on many different forms and shapes based on the motoring need, meaning that the creation of a whole range of different cars would be simple and affordable.

Although this is now officially a Shell project, it appears that it shares many elements with the T25.

Of the project, Murray himself says it's a chance to explore future personal mobility needs.

"I think the Shell car is really important," says Murray.

We can look to the future and see where we should be going not just with materials

but in terms of design philosophy and other technolo-

ing," he adds.

The project is a long way from Formula One and supercars, the areas of motoring where Murray has legendary status.

gies and take a holistic look

at where the future car is go-

During his three years working on the McLaren Formula One team, the company won the driver's world championship and the constructor's world championship three times in a row.

Afterwards Murray turned his attention to the road and designed the McLaren F1 - the pioneering 200 miles per hourplus supercar which stood unchallenged until the creation of the Bugatti Veyron - and followed it up with the Mc-Laren Mercedes SLR.

However, one element of the new project might feel familiar indeed to Murray. Osamu Goto, who designed the Honda Formula One engines that powered those McLaren cars to victory, is also involved in the project as the car's engine designer.



Qataris spend millions on personalized plates

Super-rich Qataris have splashed out millions on "fancy" car number plates in an online auction run by the interior ministry of the energy-rich state. More than 4.2 million Qatari riyals (\$1.1 million) had been pledged on just 24 separate and unique car registration numbers. In Dubai, owning a distinct number plate has become a desirable status symbol for Qataris to publicly show off their wealth. Most in demand are those with fewer numbers most ordinary Qatari registration plates have six figures — repeated digits, or those in sequence.AFP



In Qatar, a personalized plate is a status symbol.



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metr
DRIVE
Wednesday, April 29, 2015 27

The new Lincoln Continental seats. JIL MCINTOSH/FOR METRO

Lincoln crafts new ways to sit

DESIGN

Seats in new sedan to be adjustable 30 ways

Jil McIntosh

Is it possible to have too many choices? Lincoln doesn't think so, at least when it comes to seats: Those in its upcoming new Continental luxury sedan will be adjustable 30 different ways.

"We didn't set out to make 30 ways and say that's what it needed," says Scott Tobin, director of Lincoln product development. "But we started with an anthropometric study, and saw what support is needed to reduce fatigue while driving, and encourage circulation and comfort."

A lot goes into developing any new seat, primarily because so much is required of it. It has to fit a wide variety of body shapes and heights; it has to be comfortable, but not so squishy that it isn't supportive; it may have to accommodate electric adjustment motors and heating elements, if the car is so equipped; and it has to meet federally mandated standards for occupant safety in a crash. And on top of all of that, automakers have to try to make it as light as possible, because extra weight will affect fuel economy.

The Continental will be Lincoln's most luxurious model, and while the company has only shown a concept version so far, the seats

are expected to stay virtually the same in the production model. The designers started with a metal frame and foam as with most seats, but the foam in this one is supported by a layer of polymer plastic.

"These have a different, more revolutionary support system that can flex with your body," Tobin says. "They're almost like a leaf spring, and they support the foam that supports the body. It's about keeping the lower back stable and solid, and then you can adjust for the upper back."

Bolsters on the sides of the seat help to keep the occupants in place, but unlike the solid foam bolsters that other manufacturers use, this Lincoln uses air-filled ones. They deflate when the door is opened, making it easier to slide in and out of the seat, but then pump back up again to provide support.

Perhaps the seat's most important innovation is its thigh support. Many vehicles have these, which slide forward or lift up from the seat to support the back of the knee, but Lincoln's are unique in that the support is split in half, and each side can be individually adjusted. The driver's legs are always at different positions, since one leg must work the throttle and brake, and these individual supports can handle any angle.

"We all naturally splay (our legs) when we sit, and the knee falls out," Tobin says. "You have to think about that. We're all different heights, and these cushion lengths need to be different because (otherwise) you can tweak your back after all day in the car."

AUTO NEWS STUDENTS DEVELOP SYSTEM TO PUT BRAKES ON DRUNK DRIVING

AlcoStop uses sensors in seats, steering wheel

If you've been drinking, you may not get far with AlcoStop, the automotive safety system designed by a group of students at the Institute of Technology of Cintalapa in Mexico. Unlike other devices of its kind, it doesn't require puffing into a breathalyzer device. Instead, sensors inlaid in the seat, shift lever and steering wheel — all ca-

pable of detecting the blood alcohol level of the person holding it — will disable the car if required. The system includes a GPS tracking unit that allows for real-time monitoring of the car's location should the would-be driver be too confused to explain where he or she is. In case the car is disabled, an accompanying application alerts family or friends to go and pick up the driver. AFP



The team adjusts a concept model of AlcoStop. AFP





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Wednesday, April 29, 2015 metr

Metr

DRIVE

Minivan vows performance

ELECTRIC VEHICLES

Is less more for VW e-Golf?

Volkswagen has produced a less expensive trim level for its e-Golf electric car in the U.S., bringing its suggested retail price down by almost \$2,000, to \$34,270. The new e-Golf Limited Edition's plugin electric drivetrain is identical to the one in the more generously equipped SEL Premium edition at \$36,265. The e-Golf uses a 24.2-kilowatt-hour lithium-ion battery that powers a 115-horse-power electric motor.



HYRRIDS

Mercedes-Benz shows V-ision

Mercedes-Benz has unveiled a new minivan that emerging-technology magazine Gizmag says might be the future of hybrid drive technology. The Concept V-ision E plug-in hybrid uses technology to deliver "tremendously robust" propulsion. Its four-cylinder gasoline engine and electric motor deliver 333 horsepower and 442 pound-feet of torque, making it faster off the line than a 1960s-era muscle car.



GREEN

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FUEL CELL CARS

Japan pushing hydrogen tech

Japan will leverage its hosting of the 2020 Summer Olympics to promote hydrogen fuel-cell cars, which convert hydrogen to electricity for propulsion. Tokyo will spend \$385 million on fuel-cell subsidies and hydrogen fuelling stations ahead of the Games to advance the use of hydrogen as an energy source, reported Green Car Reports. Japan's capital city will get 35 hydrogen fuelling stations ahead of the Olympics, and is negotiating with Honda and Toyota to get 6,000 hydrogen cars on its roads by then. For instance, the Toyota Mirai hydrogen car (left) has just gone into production in Japan. More than 80 per cent of the cost of the stations will be provided by the city; Tokyo-area residents are eligible for up to \$8,500 in subsidies for fuel-cell cars on top of the \$17,000 offered by the government.





Heavily used blue-liners refilling their gas tanks

NHL PLAYOFFS

Flames' big 3 have averaged 27 minutes per game

Calgary Flames head coach Bob Hartley believes in the recovery power of his big three on the blue-line.

T.J. Brodie, Kris Russell and Dennis Wideman have been heavily worked not only in the playoffs, but ever since captain and top defenceman Mark Giordano tore his bicep Feb. 25. On Tuesday, the NHL released its second-round playoff schedules and Calgary will open its bestof-seven Western Conference semifinal Thursday in Anaheim.

The Ducks will have had seven days off when second-round action begins, three more than the Flames after both teams



Sometimes too much rest, it takes you 10 minutes or a period to get into the game and sometimes that's too long and it's too late.

T.J. Brodie

won their respective first-round series.

Hartley joked earlier this week that Brodie, Russell and Wideman were still in an ice bath two days after eliminating the Vancouver Canucks in six games. But given their puckmoving roles in an offence built on speed and pressure, Hartley said managing the trio's energy was a priority even before the post-season.

"We asked those guys to play lots of minutes," he said Tuesday. "They're very important in our game. We just don't want them to defend. They're basically our motor offensively.

"Those guys have the power of recovering very well. They're great athletes and they want those minutes, they love those responsibilities. They're giving us unbelievable hockey."

Brodie, Russell and Wideman rank fifth to seventh, respectively, among NHL defencemen in post-season minutes at an average of 27 per game. They contributed a combined three goals and nine assists against Vancouver.

Brodie and Wideman skated Tuesday at Scotiabank Saddledome for the first time since Calgary closed out the series Saturday. Russell, the NHL's leading shot-blocker in the regular season, was among a handful who didn't.

"We're in the gym and working hard regardless if we're on the ice or not," Russell said.



Flames defenceman T.J. Brodie ranks fifth in average ice time during the playoffs.

DEREK LEUNG/GETTY IMAGES

"It's different situations for

"With the minutes we've played, obviously we have to make sure we get the rest that's required, especially when you do get a few days off."

The Flames and Ducks will have two days between Thursday's opener and Game 2 on Sunday.

The third game in Calgary

will either be next Tuesday — the same day as the Alberta election — or May 6 if Detroit wins its first-round series Wednesday against Tampa Bay and advances. The Canadian Press

Ducks insist rust isn't on table

Although rest is important in any Stanley Cup playoff push, the Anaheim Ducks hope they're not getting too much of a good thing.

When the Ducks take their home ice Thursday night to open their second-round series against the Calgary Flames, Anaheim will have played just six games in the previous four weeks.

"I'm antsy, so I've got to believe they're antsy," coach Bruce Boudreau said. "They're ready to get playing."

For hockey players who usually have three or four games a week throughout the regular season's six-month grind, all this rest is a chance to heal injuries while indulging in an unusual amount of practice time for a professional team. The Ducks don't think the break will create rust as well, but they won't know until they play again.

"Our guys are using this to our advantage," said forward Corey Perry, who scored seven points in the Ducks' first-round sweep of Winnipeg. "We're getting healthy and ready to play." THE ASSOCIATED PRESS



Anaheim's inactivity actually began at the start of April. The Ducks played only two games in the final eight days of the regular season.

Flames face tough task of knocking off multi-dimensional Ducks



I have to be honest, I don't have the Calgary Flames getting past the Anaheim Ducks in the second round of the playoffs. I'd like to see them win, but I think the Ducks are loaded to go a long way this spring.

My pick to win the Stanley Cup was St. Louis, but since the Blues got knocked out in the first round by Minnesota, my next best bet is Anaheim. The Ducks are a team with so many dimensions, they'll be tough to beat. But hey, I was wrong about St. Louis. Some random thoughts heading into Round 2...

• My initial reaction to Michael Ferland rushing down ice in the dying seconds to get an empty-net goal with the score already 6-4 over Vancouver in Game 6? Don't rub it in, Michael, just let it go. The hockey gods won't be impressed. Then I thought about it some more. Here's a rookie having the series of his dreams. He's enjoying

DECEPTIVE STAT

Shot attempts (Corsi) don't tell the entire story. The two teams with the most net shot attempts are out of the playoffs, while the Flames are still alive:

every second on the ice. Why tell him to turn it off? Also, it was against the rival Can-

ucks. That makes it OK.

• The four days off between games has to be a godsend for the several Flames

5. Anaheim, 24 15. Calgary, -54 16. Minnesota, -73

1. St. Louis, 73

2. Vancouver, 54

players who were playing with injuries, not to mention Calgary's big three on the blue-line — T.J. Brodie, Kris Russell and Dennis Wideman. They rank Nos. 5, 6 and 7 in the NHL in playoff ice time.

• Calgary would love to have grinding winger Lance Bouma return sooner rather than later in this series. We're not sure the nature of his injury, but when he's ready, I'd rather see him replace Mason Raymond than Brandon Bollig. The Ducks are a heavy team, which takes Raymond out of the equation. But if and when Paul Byron is ready to return, he goes in for Bollig.

• The Ducks made a few roster adjustments leading up to the trade deadline, but none of the newcomers have made much of a dent. James Wisniewski, Jiri Sekac and Korbinian Holzer were healthy scratches in the first round, while Tomas Fleischmann came out of the press box to play the final two games. If Anaheim has any struggles offensively, you might see them rotated back in.

• One position the Flames have an edge over the Ducks is in goal. Frederic Andersen and Jonas Hiller are both hot and cold goalies, but I like Calgary's Plan B in Karri Ramo more than Anaheim's. **30** Wednesday, April 29, 2015 metr#sports

Rockets send Mays packing

NBA PLAYOFFS

Houston puts away Texas rival in Game 5

James Harden scored 28 points, Terrence Jones had 10 of his 15 in the fourth quarter, and the Houston Rockets beat the Dallas Mavericks 103-94 on Tuesday night for their first playoff series victory since 2009.

Houston won the Western Conference series 4-1 to advance to face the winner of the Clippers-Spurs series in the second round.

The Rockets bounced back from a lacklustre performance in a 121-109 loss in Game 4 to head to the West semifinals for the first time since Yao Ming starred for Houston.

Dwight Howard had 18 points and 19 rebounds to help the Rockets dominate inside and Josh Smith scored 20 points. The Mavericks couldn't get going from long-range, going just 5 of 26 on threepointers.

Monta Ellis led Dallas with 25 points and Dirk Nowitzki

The Mavericks didn't lead after early in the first quarter, but a 7-0 run, capped by a basket by J.J. Barea, got them within three with about five minutes remaining. Then Jones took over, making a three-point play followed by a corner three to push it to 94-85.

Dallas scored the next four



points before Harden swished a three-pointer under heavy pressure to make it 97-89 with 2 1/2 minutes left.

Harden grabbed a steal soon after that and made a no-look pass to Jones, who dunked it, eliciting chants of "MVP! MVP!"

from the crowd.

Houston's next basket came when Harden tossed a long pass to Jones for another slam to make it 101-91 with less than a minute left.

Al-Farouq Aminu and J.J. Barea were the unlikely stars that helped the Mavericks avoid elimination in Game 4. Aminu had 14 points before fouling out in the fourth, but Barea was largely ineffective, finishing with six points and three turnovers. Nowitzki led Dallas with 14 rebounds, but Tyson

Chandler had just six.

Howard struggled offensively early in the fourth quarter and had missed two straight shots when he provided a defensive highlight by blocking a shot by Barea into the stands. THE ASSOCIATED PRESS

🛑 IN BRIEF

Wings minus suspended **Kronwall for Game 7**

The Detroit Red Wings will have to try advancing to the second round of the NHL playoffs without Niklas Kronwall.

Defenceman Kronwall received a one-game suspension from the NHL on Tuesday for charging Tampa Bay forward Nikita Kucherov during the Lightning's 5-2 road victory Monday night. Kronwall laid out Kucherov with a big hit in the second period that on replay showed forearmto-head contact. Kucherov had the puck along the right boards. Just after he made a pass, Kronwall went airborne to deliver a hit that resulted in his forearm striking Kucherov's head. THE CANADIAN PRESS

UFC champ Jones in court facing hit-an-run charge

UFC light heavyweight champion Jon "Bones" Jones has made his first court appearance in connection with a hit-andrun that police say left a pregnant woman with a broken arm.

Jones appeared in an Albuquerque court with his lawyer Tuesday and left without speaking to reporters. He is facing a felony charge of leaving the scene of an accident involving death or personal injuries. Jones was released Monday on a \$2,500 bond.

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O's, White Sox to play behind closed doors

After a pair of postponements caused by rioting in Baltimore, the Orioles and Chicago White Sox will finally play Wednesday at Camden Yards in what is believed to be the first game without fans in major league baseball's 145-season

Because of the unsettled environment in Baltimore, where rioters burned a drug store and set police cars

ablaze on Monday night, officials moved the game up five hours from its original 7:05 p.m. starting time and closed it to the public.
In addition, Baltimore's

Friday-to-Sunday series against Tampa Bay was shifted from Camden Yards to Tropicana Field in St. Petersburg, Florida, with Baltimore remaining the home team and batting last.

"It's all about what's best

for the city and the safety of our people," Orioles manager Buck Showalter said in a telephone interview with The Associated Press.

'The last thing you want to do is put the fans in harm's way. You have to err on the side of safety."

Schools were closed Tuesday and the mayor imposed a 10 p.m.-to-5 a.m. curfew. The announcement of the unique closed-doors game came late Tuesday afternoon, after the Orioles postponed games against Chicago on Monday and Tuesday.

"We were just trying to respond to the wishes of the public officials and protect the integrity of the schedule," Dan Duquette, the Orioles executive vice-president of baseball operations, said in a phone interview.

THE ASSOCIATED PRESS





RECIPE Mushroom Barley Burgers

Rose Reisman rosereisman.com



Prep time: 15 minutes Cook time: 36 minutes Servina size: 4

Ingredients

Burgers

- 2 cups vegetable stock (or water)
- 1/2 cup pearl barley
- 4 tsp vegetable oil
- •1 cup diced onion
- 1/2 cup diced carrots · 2 cups diced mush-
- rooms (any variety)
- 3/4 cup seasoned dry breadcrumbs
- •1egg
- •11/2 tsp crushed garlic
- •1 tsp hot chili sauce or to taste
- 1/3 cup chopped cilantro •1 tsp low-sodium soy sauce
- · pinch of salt and pepper

Tahini sauce

- •1 Tbsp tahini (sesame seed paste)
- •1 Tbsp light mayonnaise
- 1/4 cup low-fat plain yogurt
- 1/2 tsp crushed garlic • 1 tsp low-sodium soy sauce
- 3 Tbsp chopped cilantro

Directions

- 1. Bring the stock and barley to a boil, cover and simmer for 30 minutes. Drain and set aside.
- 2. Meanwhile heat a large, nonstick skillet and add 2 tsp of the oil and the onion and sauté for 3 minutes. Add the carrots and sauté



for 3 minutes. Add the mushrooms and sauté for 8 minutes or until the vegetables are tender and no liquid remains.

- 3. Add the barley and vegetable mixture to the bowl of a food processor. Add the breadcrumbs, egg, garlic, chili sauce, cilantro, soy sauce and salt and pepper. Process just until still slightly coarse. Form the mixture into 4 burgers.
- 4. Lightly coat a large, nonstick skillet with cooking spray and the remaining oil, then cook burgers for 3 minutes per side.
- 5. To make the sauce, whisk the tahini, mayonnaise, yogurt, garlic, soy sauce and cilantro together in a small bowl and serve with the burgers.

Nutrition information per serving

- Calories 322
- Protein 10 g
- · Carbohydrates 46 g
- Fibre 6.5 g
- Total fat 11 g
- · Saturated fat 1.8 g
- · Cholesterol 55 mg • Sodium 490 mg PHOTO: ROSE REISMAN

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ACROSS

- "Who made this mess?" response: 2 wds. 6. Jimmy 9. Sandwich
- sorts
- 14. Pungent 15. Ms. Michele
- 16. Spooky 17. Cape Breton community famed
- for its hooked rug artistry 19. Heroic poems 20. Charle-
- magne's domain [acronym]
- 21. Not that 22. Lauds
- 23. headache 25. Foe of the Allies in WWII __ Prov-26. 'The
- ince' (Nickname for Manitoba because of its early shape and small size)
- 31. Bring into harmony 34. Light fog
- 35. Toronto Maple Leafs centre Mr. Komarov
- 36. Mr. Penn 37. German article
- 38. Scottish family
- 39. Apiece 40. Big bits
- 42. Keenness 44. Smouldering stretch seen from
- Franklin Bay in the Northwest Territories: 2 wds. 47. Mr. Andreoff, LA
- Kings player born in

17 18 19 20 38 58 59 60 61

Pickering, ON 48. Cinderella's is glass 52. Non-printed fabrics 55. Blackthorn fruit 56. Leandro's beloved

58. Canadian singer

65. British singer Leo

DOWN

- 1. Night: German 2. Earthy pigment
- 3. Wooden 4. "Good Will Hunt-
- ing" (1997) univ. 5. Version
- 6. Grievance 7. Sleep stages, commonly
- 8. Sharp bark 9. Arcade Fire song that goes "They walk in the
- room / And stare right through you...": 2 wds. 10 Meal

- 11. Seed covering
- 12. Ancient Scot
- 13. Meeting
- [abbr.] 18. Selected
- 22. Married-no-
- mores
- 24. Twirled
- 25. Opposin' 27. "Witness"
- (1985) folk
- 28. Josh Groban/
- Kelly Clarkson duet: Ask of You'
- 29. Vegan's
- no-no
- 30. Baby horse 31. Some snakes
- 32. Abound
- 33. Tropical tuber
- 37. Irritable
- 38. Crescent
- moon point 40. 'City of Roses'
- in Ontario
- 41. Conjunctions
- 42. Permit
- 43 Entrepreneur's customers
- 45. Sandwich roll
- 46. Cape Breton
- 49. Spring flower
- 50. Jagged
- 51. "Today" weatherman Al
- 52. Large bag
- 53. Sultanate of the Arabian
- Peninsula
- 54. Celeb's ride
- 55. "Begone!"
- 58. Aristocrat-
- ic title
- 59. "Isn't bit
- like..." Beatles,
- "Nowhere Man"

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20 Opportunities to better yourself won't be hard to find over the next few days, so stay alert and be ready to act when you get the chance. Nothing is impossible if you want it enough.

Taurus April 21 - May 21 Let your mind roam where it will over the next 24 hours. Give yourself permission to dream. The dreams you have may seem far-fetched to some but chances are it won't be long before they are no longer dreams but realities.

Gemini May 22 - June 21 You may not be happy with some of the changes taking place at the moment but your instincts tell you that you will benefit from them in some way, so keep your doubts to vourself and don't make waves.

Cancer June 22 - July 23 You don't lack for ideas or the confidence to use them but you should nevertheless keep them to yourself for a bit. The planets warn this is not a good time to share what you know.

Leo July 24 - Aug. 23 If your everyday routine has become a bit too predictable now is the time to do something about it. There will be some serious upheavals in the working pattern of your life over the next few days. Take full advantage of them.

Virgo Aug. 24 - Sept. 23 Is it really possible that so many good things are happening and that so much is going your way at the moment? Yes, of course it is, and they will continue to go your way so long as you believe that you deserve it.

Libra Sept. 24 - Oct. 23 Relationships of all kinds are under favourable stars right now, so even if there have been a few harsh words of late you can, if you wish, patch things up and be friends again.

Scorpio Oct. 24 - Nov. 22 Do something special over the next 24 hours, something that those who see it never forget. That might not be as easy as it sounds, seeing as you have done so many special things in the past, but you'll think of something!

Sagittarius Nov. 23 - Dec. 21 You will work extremely hard today and for the rest of the week, not for cash or fame but because you want to prove that a goal you set yourself a while back is possible to reach. If you gain in other ways too - that's a bonus.

Capricorn Dec. 22 - Jan. 20 The cosmic powers that be are very much on your side at the moment. What does that mean in practical terms? It means you can and you should do something memorable.

of current tune

"Sound of Your

Heart": 2 wds.

60. Brief mov-

61. Particle

62. Uptiaht

mix brand

holder

64. Curtains

63. Bouillon/soup

Aquarius Jan. 21 - Feb. 19 Your thoughts may be mainly on your work at the moment but you must not neglect matters closer to home. Cosmic activity in the domestic area of your chart means you must make time for those you love.

Pisces Feb. 20 - March 20 Travel and social activities are under excellent stars right now, so don't sit at home thinking about what amazing things might be going on some place else - find out for yourself.

CONCEPTIS SUDOKU by Dave Green

Every row column and box contains 1-9

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